

Highlights from the report, *Cardiovascular Disease in Utah*, include the following:

Adults

- Overall, 26% of Utah adults reported engaging in regular physical activity in 2000 compared to 22% of U.S. adults.
- In 2000, 54% of Utah adults were overweight or obese in 2000 compared to 57% of U.S. adults.
- In fact, the estimated number of overweight or obese Utah adults more than doubled from 388,500 persons in 1989 to 801,600 persons in 2000.
- In 2000, 13% of Utah adults 18 or older were smokers compared to 22% of U.S. adults.
- Only 21% of Utah adults reported eating five servings of fruits and vegetables each day in 2000, below the 24% reported by U.S. adults.
- In 1999, 22% of Utah adults were told by a health professional that they had high blood pressure compared to 25% of U.S. adults.
- In 1999, about 19% of Utah adults were told that their cholesterol level was high, slightly lower than the national average of 21%.

Adolescents

- Seventy-seven percent of Utah teens reported engaging in vigorous physical activity in 1999, the highest rate of vigorous physical activity among youth in the U.S.
- Almost 15% of all Utah high school students were overweight or at risk of being overweight in 1999 compared to 26% of U.S. students.
- In 1999, 12% of Utah high school students (an estimated 17,000 teens) reported current cigarette use compared to 35% nationally.
- Twenty-four percent of Utah teens were eating the recommended number of daily servings of fruits and vegetables in 2000 compared to 25% of U.S. students.

Other Findings

- Cardiovascular disease, including high blood pressure, heart disease, and stroke, is the leading cause of death and disability for both women and men in Utah and the U.S.
- Cardiovascular disease accounts for about 4,000 deaths each year in Utah.
- Almost 2,200 Utahns died as a result of a heart attack from 1998 through 2000; more than 900 of those deaths occurred in women.
- In 2000, there were almost 8,000 discharges from Utah hospitals with a first-listed diagnosis of coronary heart disease—an increase of 15% since 1992.
- The average annual charge for a coronary heart disease hospitalization for Utahns 20 years of age or older was about \$21,000 during the period 1998 through 2000.